COOKING COMICALLY

HOW DO WE CHANGE THAT STIGMA?
HOW DO WE MAKE BRUSSELS SPROUTS GREAT AGAIN?

THE SAME WAY YOU MAKE ANY FOOD GREAT...

YOU DEEP FRY THE

$#!% OUT OF IT

SERVES: 2
BAWGW' BRUSSELS
DIFFICULTY
POTENTIALLY FACE-MELTING
BY TYLER CAPES

INGREDIENTS

BRUSSELS STUFF

115g
¼ LB
BRUSSELS SPROUTS

700ml
~24 OZ
VEG. OIL

SAUCE STUFF

65g
3 TBSP
HONEY

20ml
1 TBSP
SRIRACHA

8ml
½ TBSP
SOY SAUCE

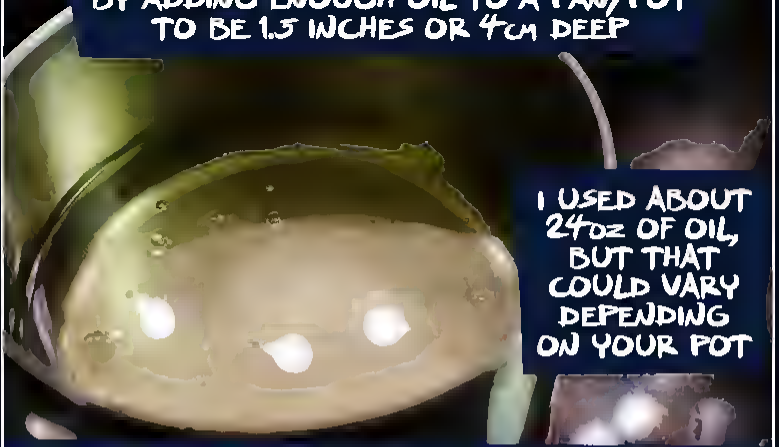
3 CLOVES
GARLIC

20g
2 TBSP
PEANUTS

BEGIN

BY ADDING ENOUGH OIL TO A PAN/POT

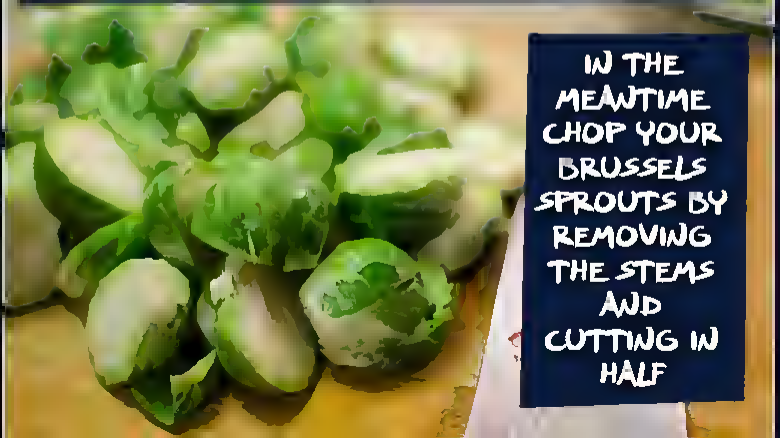
BY ADDING ENOUGH OIL TO A PAN/POT TO BE 1.5 INCHES OR 4CM DEEP



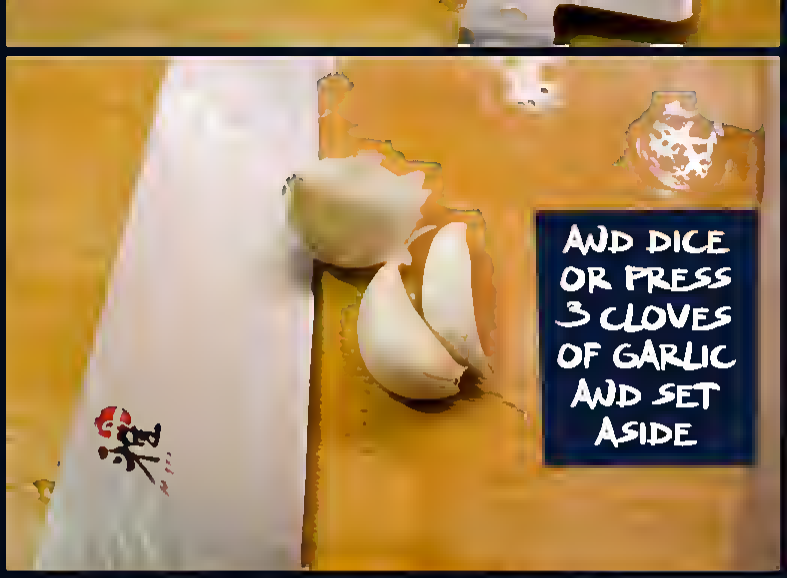
I USED ABOUT 24OZ OF OIL, BUT THAT COULD VARY DEPENDING ON YOUR POT

PLACE THE OIL ON MEDIUM-HIGH HEAT UNTIL IT REACHES 375°F (190°C)

(MORE ON THAT IN A BIT)



IN THE MEANTIME CHOP YOUR BRUSSELS SPROUTS BY REMOVING THE STEMS AND CUTTING IN HALF



NOW BEFORE WE GET TO THE FRYING WE NEED TO GO OVER SOME

LEGIT

SAFETY $#!%

SO IT TURNS OUT BRUSSELS SPROUTS REALLY DON'T F*** AROUND WHEN YOU FRY THEM

THEY HAVE A HIGH WATER CONTENT

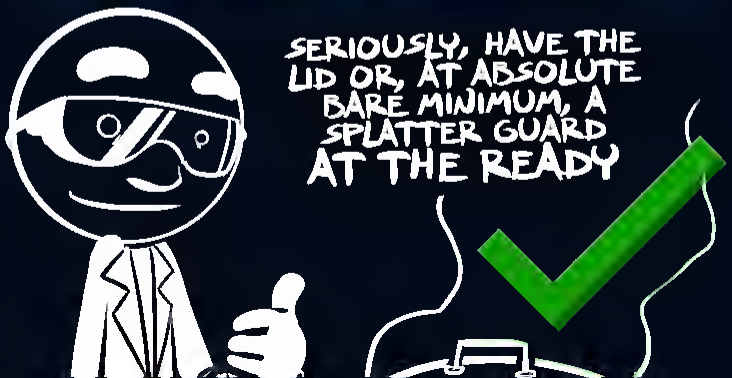
THAT MEANS AS SOON AS THEY HIT THE HOT OIL ALL OF THAT WATER BOILS

THEY **WILL** BUBBLE VIOLENTLY

AND SPIT HOT OIL EVERYWHERE

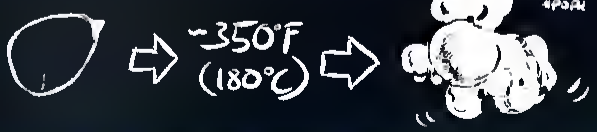
WHICH IS WHY YOU NEED TO ADD THE BRUSSELS SPROUTS TO THE OIL VERY CAREFULLY AND THEN COVER

IMMEDIATELY



BUT IF YOU DON'T HAVE ONE THERE ARE A COUPLE OF WAYS YOU CAN CHECK TO SEE IF THE OIL IS READY

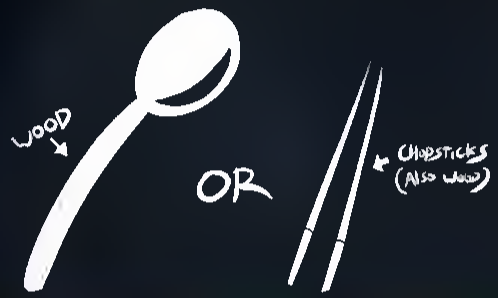
1. "POPCORN"



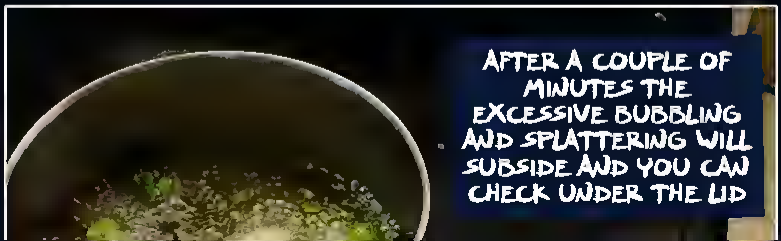
IT JUST SO HAPPENS THAT A POPCORN KERNAL

POPS RIGHT AROUND 350°F. SO JUST ADD A KERNAL TO THE OIL WHILE YOU'RE HEATING IT AND WHEN IT POPS LEVEL THE HEAT OFF AND YOU'RE PRETTY MUCH GOOD TO GO.

2. "WOOD"



DIP THE HANDLE OF A WOODEN SPOON OR CHOPSTICK INTO THE OIL. YOU SHOULD GET A NICE EVEN AMOUNT OF CONSTANT BUBBLING. IF IT HARDLY BUBBLES AT ALL YOU NEED MORE HEAT, IF IT GOES NUTS YOU NEED TO BACK IT OFF A LITTLE.



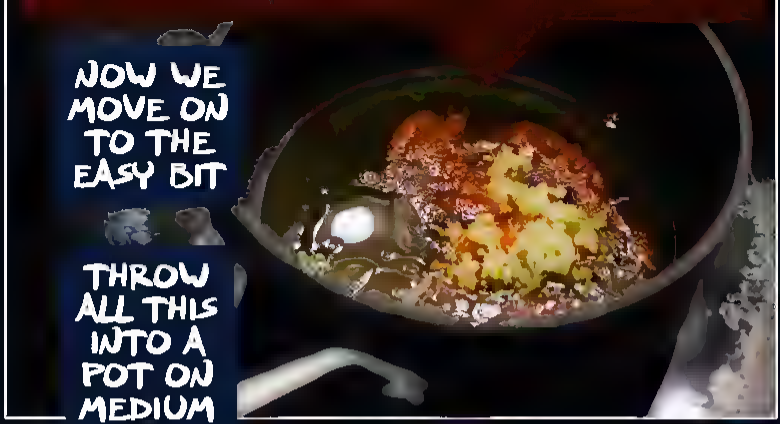
THE BRUSSELS SPROUTS SHOULD FRY FOR ABOUT 4-5 MINUTES TOTAL OR UNTIL LIGHTLY BROWNED

LIKE SO

ONCE FRIED TRANSFER THE SPROUTS TO A PAPERTOWEL TO DRY AND DAB ANY EXCESS OIL OFF THE TOP

SAUCE STUFF

65g	20ml	8ml	
3 TBSP	1 TBSP	½ TBSP	3 CLOVES
HONEY	SRIRACHA	SOY SAUCE	GARLIC


NOW WE MOVE ON TO THE EASY BIT
THROW ALL THIS INTO A POT ON MEDIUM HEAT

STIR WELL AND HEAT UNTIL BUBBLY

NOW ALL THAT'S LEFT IS TO ADD THE FRIED BRUSSELS SPROUTS IN WITH THE SAUCE AND TOSS TO COAT

AND ENJOY

THE NOTES

- I USED VEGETABLE OIL FOR FRYING BUT YOU CAN USE MANY OTHER OILS FOR THIS. JUST MAKE SURE TO CHOOSE ONE WITH A HIGH SMOKE POINT OTHERWISE... WELL... SMOKE.

- I'LL REITERATE ONE MORE TIME THAT YOU SHOULD REALLY BE CAREFUL WHEN FRYING BRUSSEL SPROUTS. THE SPLATTER IS REAL.

- USE WHATEVER NUTS YOU LIKE. I ALSO RECOMMEND

HAZELNUTS.

- ONCE FRIED, THE BRUSSELS SPROUTS ARE JUST PLAIN GOOD. YOU CAN ADD THEM TO SALADS, MAKE YOUR OWN SAUCE FOR THEM OR JUST SNACK ON THEM. DO WHAT YOU WANT.

- THANKS TO D BAR HERE IN DENVER FOR THE INSPIRATION FOR THIS DISH.

AND AS ALWAYS

THANK YOU FOR READING

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